



# Welcome to Collin County Health Care Services

*"Where Good Health is Contagious!"*

Spring 2004

## What we do ...

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Welcome to the first publication of Collin County Health Care Services, your public health resource. As part of National Public Health Week, we are taking this opportunity to introduce our staff and services to you and your family.

Our main office is located at 825 N. McDonald Street in McKinney, but we also have various offices, including the Women, Infants & Children program, in Plano, Wylie and Frisco.

Our mission is to provide services for indigent persons living in the county,

vaccinations, an international travel medicine clinic, an outreach clinic, epidemiology services, breast exams and much more.

Dr. Muriel Marshall is Collin County's Health Authority. And, it is the responsibility of the county Health Care Services Department to investigate diseases and infections. For example, our epidemiological team serves as a liaison between physicians, hospitals and the Texas Department of

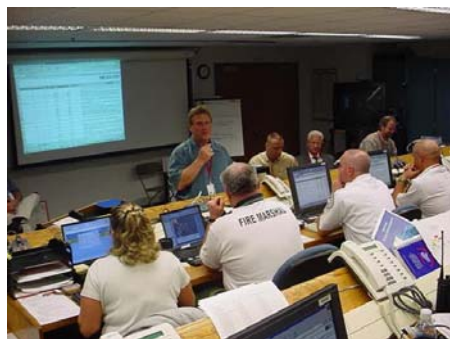
Health for investigations of infectious diseases.

The goal of this publica-



tion is to provide County residents with additional health services information.

## CDC increases grant funding to Collin County



(above) Collin County conducts an emergency exercise with the city of Plano.

Collin County's Homeland Security Department received an increase in grant funding from the Centers for Disease Control and Prevention in fiscal year 2004. Since the creation of the department more than a year ago, the county has taken great steps toward the improvement of security and

bioterrorism preparedness. The latest grant, in the amount of \$845,368, will assist in the continuation of these efforts.

Under the direction of the Texas Department of Health, the Homeland Security Department successfully encumbered \$743,425 in funding during the last fiscal year. So far, the county has created a bioterrorism team consisting of a bioterrorism coordinator, a

nurse epidemiological team, a health educator, a city planner, an information technology specialist, as well as support staff.

Over the past year, this group, under the direction of Collin County Homeland Security Director Kelley Stone, updated an emergency preparedness plan and has been able to research and report on various health conditions such

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## Collin County immunizes thousands each year

Health Care Services provides immunizations to all Collin County residents. These immunizations are given two days a week on a walk-in basis.

The VFC Program (Vaccine for Children) provides vaccine to health departments for administering to eligible children in an effort to improve the quality and longevity of life by achieving and maintaining a vaccine-preventable disease-free environment. It is impossible to put an exact dollar figure on the savings through the use of these vaccines. It amounts to mil-

lions of dollars when you consider what it would cost without this preventive care – hospitalizations; doctor's costs; work, school and day care days lost; medications; long-term effects of illness and death.

Health Care Services makes childhood immunizations a high priority and promotes immunization for all children, especially those under two years of age. In 2003, Health Services administered 20,057 immunizations. In addition, they served 8,069 WIC clients and provided 4,428 flu vaccines.



Collin County Health Care Services administered more than 20,000 vaccinations in 2003.

### Immunizations go mobile

Mobile immunization clinics are offered through Collin County Health Care Services in the evening for par-



Collin County Health Care Services' Care Van takes vaccinations on the road.

ents to access without taking time off from work and without taking their children out of school. Mobile immunizations are available in three locations:

#### **Frisco First Baptist Church**

Every first Thursday (3 -7 pm)  
8769 Hummingbird Dr.

#### **Allen Community Outreach**

Every second  
Wednesday (4 – 7 pm)  
301 W. Boyd Dr., Suite A

#### **Plano**

Every third Monday (4:30 – 7 pm)  
WIC Office  
900 E. Park Blvd., Suite 110

## Collin County provides STD clinics

Collin County Healthcare Services offers an STD (Sexually Transmitted Disease) clinic every Monday, Tuesday and Thursday by appointment. We recommend women under 25 years of age and all sexually active men be screened annually. Seventy to 80 percent of the time, women exhibit no symptoms, and 20 to 30 percent of

the time, men exhibit no symptoms.

Anyone who suspects he/she has been exposed to an STD, or partners of persons identified with an STD can be treated at the health department.

HIV testing is also available. Persons who have multiple sex partners or use IV drugs are at risk for HIV/AIDS.

### TB clinics available

Collin County Health Care Services offers a TB (Tuberculosis) clinic every Monday, Tuesday and Thursday by appointment. The purpose of this clinic is to provide counseling, medication and tracking to those who are positive reactors or active cases of tuberculosis. TB skin tests are administered each day except Thursdays.

### Did you know?

More women living in the U.S. die from cardiovascular disease than any other ailment, including breast cancer. Learning the signs of heart attack and stroke are key. Visit [www.collincountytexas.gov](http://www.collincountytexas.gov) for details.

## Travel vaccines offered to international travelers

When planning a trip, the last thing you want to think about is illness. Prevention is the key to protecting your health. Collin County Health Care Services believes in educating our residents about the health risks they may encounter while traveling.

As soon as you start planning a trip, take the time to make arrangements for a consultation with one of our health care providers. Our staff will assess your individual needs and

travel plans to determine what immunizations and/or medications may be needed to keep you protected while traveling. Our staff will also discuss other health risks associated with travel and the safety measures you can take to ensure you have an enjoyable, illness-free trip.

Collin County Health Care Services offers a number of vaccines to protect international travelers including: chickenpox, hepatitis A, hepatitis B,

immune globulin, influenza, meningitis, measles, mumps, rubella, pneumonia, polio, tetanus, diphtheria, typhoid, and yellow fever, as well as medications to protect against malaria.

To receive immunizations, you must have an initial appointment for a consultation with a physician. Please call (972) 548-5532 or our metro number (972) 424-1460 ext. 5532 for hours of operation and charges.

## Spotlight on National Infant Immunization Week "Love them. Protect them. Immunize them"

Vaccines are among the 21<sup>st</sup> Century's most successful and cost-effective public health tools available for preventing disease and death. As Collin County and 500 other communities across the country kick off National Infant Immunization Week, we would like to encourage all parents and caregivers to get their infants immunized against eleven diseases before the age of two. Infants and young children are particularly vulnerable to infectious diseases, which is why it is critical that they are protected through immunization.

While immunization rates are at an

all-time high, 900,000 U.S. children are not properly immunized and 11,000 children are born each day that need to be protected. Immunization protects your child, your family, and your community. Children who are not immunized are taking a risk with their own health, as well as increasing the chance that others will get the disease.

There has been a lot of publicity about the safety of immunizations. Immunizations are extremely safe, thanks to advancements in medical research and ongoing review by doctors, researchers and public health

officials. Children are far more likely to be harmed by serious infectious diseases than by immunization.

Good health is the greatest gift a parent can give a child. Vaccination is one of the most important ways a parent can protect their child's health. We encourage parents and caregivers to take responsibility for their child's health and make sure they are up-to-date on their immunizations.

For more information, please visit the Centers for Disease Control's National Immunization Program website at [www.cdc.gov/nip](http://www.cdc.gov/nip).

## Health Care Services to help women through Komen grant

Collin County's Health Care Services Department is receiving a \$40,000 grant from the Susan G. Komen Breast Cancer Foundation for early detection initiatives in low-income, minority women.

"It's a thrill to receive funds for a fourth-straight year," says Collin County Health Care Services Administrator Candy Blair. "For more than 20 years, the Susan G. Komen Breast Cancer Foundation has

been a global leader in the fight against breast cancer through initiatives such as this."

Collin County received the first of two checks in January. The funds will be used for breast screenings, mammograms and related initiatives.

"Ideally, we will be able to bring in groups of women to not only provide them with breast examinations and mam-

mograms but also teach them detection techniques," says Collin County Health-care Services Coordinator Patsy Morris.

Collin County first began receiving Susan G. Komen grants in 2001. Since that time, the health services department has provided breast education and screening to more than 700 low-income women and has conducted approximately 550 exams and mammograms.

**National Public Health Week**, April 5-11, is the opportunity to celebrate the tremendous successes of public health and to concentrate on the current challenge of eliminating health disparities. With over a century of accomplishments, public health is credited with increasing our life expectancy by 25 years.

## Epidemiology team serves residents, physicians and hospitals

Protecting and promoting the health of Collin County residents – that is the mission of the epidemiology and surveillance division at Collin County Health Care Services. Physicians, hospitals and other health care workers are required by the Texas Health and Safety Code to notify the health department when certain illnesses are diagnosed. Examples include ailments such as West Nile, SARS and Shigella. Other illnesses in which the health department must be notified include Hepatitis, Tuberculosis, Salmonellosis, etc.. The State of Texas and the federal government have determined that these illnesses could threaten the health of the general public if not monitored and controlled. The division of epidemiology and surveillance at Collin County Health Care Services has the responsibility of investigating reports of notifiable illnesses.

When the health department re-

ceives information about the diagnosis of a notifiable illness, several things happen. If unsafe food is suspected of causing the illness, an inspection of food handling facilities might be requested and contaminated food will be taken off the market. If the illness has been caused by airborne spread, the health department might ask the ill person to provide information about places they have traveled or people they have been near. If the illness can be prevented by vaccination, the health department works to ensure that all the people exposed to the illness have been vaccinated.

Physicians, nurses, infection control practitioners and environmental health officials are partners the county relies on to assist in stopping the spread of contagious illnesses. The epidemiology staff works hand in hand with the county's department of Homeland Security so that an inten-

tional spread of illness would be discovered and investigated.

The division of Epidemiology provides an ongoing picture of which diseases are most likely to affect Collin County



residents. By tracking these diseases and making health care providers aware of the illnesses, the health department assists physicians in helping prevent illness in their patients. By knowing where diseases are occurring and who is most likely to get them, preventive measures can be developed and used to keep the residents of Collin County healthier.

## Health Care Services go red in honor of women

Collin County Health Care Services employees wore red on February 6th in honor of the thousands of women killed by heart disease each year. As part of American Heart Month, health organizations across the U.S. took part in National Wear Red Day. Each year, 500,000 women die from cardiovascular diseases. And, heart disease is the number one killer of women.

"We wore red to show our support of this potentially life-saving awareness initiative," says Collin County Health Authority Dr. Muriel Marshall. "Too often, women ignore heart attack symptoms. Women may have mild chest discomfort and often times wait too long before seeking emergency medical attention. We want women to become familiar with heart attack signs."

According to the American Heart Association, most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, then goes away and comes back. Symptoms may also include pain or discomfort in one or both arms, the back, neck, jaw or stomach. Women may feel shortness of breath along with or before chest discomfort. Additional signs may include a cold sweat, nausea or lightheadedness.

The American Heart Association recommends that women not wait longer than five minutes to alert medical personnel if they show signs of a heart attack.

"Call 911 if you have chest discomfort along with any of these signs," says Collin County Health Educator Jamie Nicolay. "This is the fastest way to begin potentially life-saving treatment."

"Healthy eating habits, smoking cessation, healthy weight and daily exercise are crucial to reduce heart attacks and strokes," says Dr. Marshall.

## Families can obtain WIC services at four convenient locations

The Collin County Women, Infants and Children's program (WIC) serves low income pregnant, breastfeeding, and postpartum women, infants, and children up to age 5 who are at risk for nutrition related health problems. WIC provides nutrition education, nutritious foods, referrals to health and human services, breastfeeding support, and immunizations.

The health benefits of WIC include:

- Improved infant feeding practices.
- Premature births reduced.
- Fetal death rate reduced.
- Low birth-weight reduced.
- Long-term medical expenses reduced.
- Improved dietary intake.
- Improved cognitive development.

- Fewer premature births.

Collin County WIC served 6,686 clients and administered 737 immunizations during the month of January.

Collin County has 4 WIC locations:

### McKinney

825 N. McDonald, Suite 120  
McKinney, TX 75069  
(972) 548-5543  
Monday – Thursday 8-12, 1-7  
Friday 8-12  
1<sup>st</sup> Saturday of the month 8-12

### Wylie

303 W. Hwy. 78  
Wylie, TX 75098  
(972) 548-5543  
Monday 8-12, 1-5

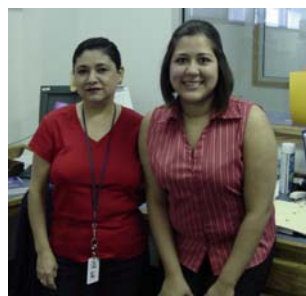
### Plano

900 E. Park, Suite 110  
Plano, TX 75034  
(972) 633-3350  
Monday 8-12, 1-5  
Tuesday – Thursday 8-12, 1-7  
Friday 8-12  
1<sup>st</sup> Saturday of the month 8-12

### Frisco

8760 Third St.  
Frisco, TX 75034  
(972) 731-9447  
Tuesday 8-12  
Thursday 8-12, 1-5

## Our staff on National Red Day



### National Health Observances for April 2004

Alcohol Awareness Month  
Cancer Control Month  
Candlelight Vigil for Eating Disorders Awareness  
IBS (Irritable Bowel Syndrome) Awareness Month  
National Donate Life Month  
National Facial Protection Month  
National Occupational Therapy Month  
National STD Awareness Month  
National Youth Sports Safety Month  
Sexual Assault Awareness Month  
Sports Eye Safety Month  
Women's Eye Health and Safety Month

2-4 Alcohol Free Weekend  
3 YMCA Healthy Kids Day  
**5-11 National Public Health Week**  
7 World Health Day  
8 National Alcohol Screening Day  
18-24 National Minority Cancer Awareness Week  
18-24 National Volunteer Week  
24-25 2004 Walk America  
25-1 National Infant Immunization Week

**Collin County  
Health Care Services**  
825 N. McDonald Street  
McKinney, TX 75069  
Phone: 972-548-5500

For additional information, visit:  
[www.collincountytexas.gov](http://www.collincountytexas.gov)

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## **CDC increases grant funding** *(continued from page 1)*

as West Nile Virus. The department also created a Smallpox Vaccination Plan that would allow health and emergency personnel to vaccinate all residents within a matter of days.

The additional funding will assist with educational initiatives, while continuing the services already provided.

“It is simply amazing to step back and take a look at what all has happened in the past year,” explains Collin County Judge Ron Harris, who is also the county’s emergency manager. “Under the leadership of Kelley Stone, the Homeland Security Department has been proactive in educating the public, as well as other localities, about emergency preparedness. They’ve also developed plans that will help us better manage emergency

situations. A recent exercise drill at our Emergency Operations Center proves that we are ready to respond to almost any type of incident.”

In addition to the CDC award, Collin County received a base grant of \$192,401.00 and a regional allocation from the North Central Council of Governments in the amount of \$204,149.00 for a total amount of \$396,550.00 from the Texas Domestic Preparedness Assessment funded by the Office of Domestic Preparedness.

“Eight governments within Collin County, including Plano, McKinney, Blue Ridge, Frisco, Celina, Wylie and Allen, are meeting monthly to utilize these funds to efficiently prepare for a regional response with the county,” says Stone. “Collin County was awarded the COG funding after dem-

onstrating a collaborative one voice response to the organization.”

Funding from the Office of Domestic Preparedness assists in preparation against a terrorist response that may involve a chemical, biological, radiological, nuclear or explosive agent. Stone, in assistance with Collin County Fire Marshal Steve Deffenbaugh, is coordinating the purchase of equipment, medical supplies and personal protective equipment for the identified personnel throughout the County.

“It’s our mission to keep the residents of Collin County safe in the event of an emergency. Because of the cooperation we have both in our team and with our public partners, we will continue to be proactive in emergency preparedness,” says Stone.

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